The Sanguinarian Guide

A guide on:
You’re Awakening as a Vampire,
What it’s like being a Vampire and how to deal with it.

By Violet Ryuuzaki

Copyright information

This book has to be called fiction because there are “no solid facts” in it, even though, to those the book concerns; we all know its non-fiction.

This book may be reproduced but, only without any editing at all, and full credit must be given to the author. (Aka me.)

Any resemblance to real people, dead or living, in this book is entirely coincidental. Except for the parts about me because I am real and alive.

To:

Every Sanguinarian on the planet, with hope of our acceptance,

Ez my friend who gave me ideas and support,

And most deservingly, Sanguinarius (www.sanguinarius.org)

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Ok a blog is supposed to go here but I have no idea what to put because as usual the cover says it all!

Well, there has never been a book like this one before as far as I can tell because many people I ask say they can't find one, so I decided to be the first person to write one especially about being a sanguinarian (blood drinking vampire) and how to deal with it.

Some people reading this may think "deal with what? Vampires don't have problems except light; they could just turn into a bat and fly away." NO this book is not about vampires in the movies this is about the real thing, and what it is really like to live with the burden of being a vampire.

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This book is also a guide to those who think they may be vampires. There's nothing the matter with finding out your not one in-fact I wish I was never a vampire.

So take a look inside and discover the truth about the people around you that have been hidden for centuries.

O, and one more bonus I (the author of the book) am a mere 14 year old girl who wants to spread the truth and help others alike me, so basically a kid wrote this book! :P

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Chapters:

8 About the author

9 Introduction. Am I a Sanguinarian?

11 What is folk law, film rubbish and real about vampires?

12 Black veil rules

14 The non-simplified version of the black veil

17 Your awakening and what to expect

20 Motivation and inspirations for when you need them

21 The sun and dealing with it

23 Getting your supplies and substitutes

24 Hiding the true you

25 What to do if you are discovered

26 Dealing with school

27 Surviving the rest of your life

28 Finding other vampires

29 Different forms of vampires

30 A quick guide on how to psi feed

31 The rest of the community

32 Preventing and controlling your “vamp outs”

33 Some ace vampire books and movies

34 Telling someone you’re a vampire

35 Blood donors and blood safety

36 Global survey sheet

ABOUT THE AUTHOR

Hi my names Violet Ryuuzaki, yes that name is fake I use a fake name because of the criticism I get by many of my peers for being what I am, even if it is just suspicions that are right I would rather not give them another reason to annoy me.

I am 14 (birthday on 14th February 1993) and I had my awakening when I was 13 (awakening-realisation of being a vampire and starting to get the "symptoms" of being a vampire) I live in England with my mum and my little brother who I really find annoying. I started writing this because I realised that I needed a guide for me to refer to occasionally then I thought "dur!, other people could this too" and so here I am typing up all I know and some ive had to research to make this book for all people who are like me and all those who are not.

As a kid I always liked what ever my friends liked, but secretly in my mind I had a almost subconscious gothic side to me. I can see this in my drawing that I did in primary school, in one it shows my friends and I but I have a bat on my shoulder. Before my brother was born I got all the attention of my mother, then hell came along and I was shunted aside and I learnt to fend for myself and he, still to this day is highly dependant on people its almost as though he is a psi vampire (see page 29 other forms of vampires) as he needs constant human company.

I like the way it turned out for me because I had les influence from my mother and more freedom for my true nature to show. So during my awakening (see page 17) I became more gothy to cover it up and it lasted 2 months, after it I remained gothy as it had grew rather comforting to me, my mother hated it and attempted to make me "normal" again by taking all my gothy stuff away and also by forcing me to see a child psychiatrist.

While I was there I was diagnosed with ADHD (attention defective hyperactive disorder) meaning I don't pay attention very well and I go hyper a lot. I had never thought of myself as a hyper person before as I had spent most of my life in my room doing god knows what. Ok, maybe at primary school during break I became slightly hyper because I was always running around chasing people in tag. (that must be why im so good at it)

Now at 14 in my school I wear sunglasses all the time and im called the vampire all the time you get used to it, I may as well wait over the summer holidays to see if they forget (they wont have) to start again in the new year as a gcse year 10 student. I love starting new school years because you have many new students that you can influence (in not just good ways) the holidays have made people forget quite a lot so you can start a fresh, and make new impressions.

I have a plan though for when I go back in 2 weeks, im going to be a total gothy vampire. The Goth will show on the outside and the vampire will be hidden within so if I vamp out (see page 32) I will be safer as its in the characteristics of a vampire to occasionally go and sulk somewhere, and besides that I love Goths and I am one!

I do have an idea on what I want to be when I grow older but it's sort of sketchy at the moment because im stuck between two ideas. The first is an Coroner, where I get dead bodies and carry out an autopsy to determine the cause of death. And the second is to be a doctor but one that can help vampires, you know the worlds

first (ok, maybe the first) sanguinarian doctor that can help diagnose vampirism, and can give vampires medicine to help reduce blood cravings. Well it's an idea and well I want to do both but im still thinking on how at the moment.

I don't know what else to say here because I have said it all really and my journey of being a vampire has only just begun and so has yours so go, read and learn all you can as knowledge makes better exam results makes better qualifications makes better job makes more money makes in most cases a happier person. On a more vampiric note go learn about what you are and become the ultimate creature of the night!

Your friend
Violet
Ryuuzaki

INTRODUCTION. AM I SANGUINARIAN?

Ok so you're not sure if you're a Sanguinarian, that's fine because at one point we all started as uneducated people who did not know what was going on.

To start simple a sanguinarian is a vampire who has got to survive by drinking blood, the other types of typical vampire include psychic vampire, astral vampire, sexual vampire ect… the sanguinarian vampire is considered by some to be the hardest type to have to deal with because of such a high dependency on others.

Note:

Being a vampire is not fun not for any kind of vampire, so if your reading this because you want to be one then stop and consider what your thinking of becoming; its not fun, it wont make you rich, sexy or glamorous, it wont help you pay your bills in fact it makes your life worse in some ways so stop and think about it before you go and do something you may regret for the rest of your life.

(The reason the word "symptoms" is always written in commas is because not everyone agrees that the term is the correct one to use. Some think that there are no "symptoms" of vampirism, and because vampirism is not an officially known disease, illness or what ever then there can be no symptoms of it. I hope you know what I mean)

The main "symptoms" of sanguinarian vampirism are:

Being naturally nocturnal, having excellent night vision, and/or sensitivity to bright lights/sunlight. Sunlight feels like a heat lamp radiating uncomfortably on your skin; you may burn easily, but not tan readily. UV lights -- aka "black lights" -- drive you nuts to look at them.

Blood craving/bloodlust, (apart from any sexual or erotic draw towards blood), where you cannot get it out of your mind. Ingesting it provides you with a sense of peace, relief, euphoria, relaxation and invigoration. You crave the taste of it -- it tastes absolutely divine to you, you love the smell of it; you have a driving need to obtain and consume it. You have a chronic, insatiable thirst. You become weak, irritable, and feel out of sorts if you do not consume it fairly regularly; generally, you require it in quantities greater than "a few drops" in order to satisfy you.

Somewhat heightened physical senses, such as acute sense of hearing, smell, or touch; sensory extremes are uncomfortable or not easily tolerated. You can hear high-pitched sounds, such as the whine from a TV set or ATM machine that other people can't hear, or have difficulty hearing. Alcohol and other drugs affect you easily at lower quantities than other people; on the other hand, some report that they have an *increased* tolerance for alcohol and other substances.

A dual-personality (not to be confused with schizophrenia or Disassociative Disorder -- you're still "you" in mind, just not in your thinking or behaviour.....), a.k.a. "the Beast", which you have difficulty controlling when it surfaces. Generally it will emerge when you are in acute need for blood, if you become angered, frustrated, or your inhibitions are lowered due to distraction, alcohol or drugs. You experience emotions

of any kind intensely and passionately; people remark that you can be melodramatic at times, though to you, it's just a normal expressing of your emotions.

Apparently, many vampires have increased psychic abilities and/or sensitivities, clairvoyancy, etc.; this is not true for all. -- I, myself, have virtually none that I am aware of or put much stock in. Also, increased empathy (sometimes extreme empathy, where they have trouble telling whether what they are feeling is their own emotions or someone else's). Psychic vampires, or psi-vampires, draw energy from others, and will become perky, animated, invigorated, possibly hyperactive, while the one they are drawing from will become tired, weaker, or lackadaisical, disinterested. Many have an increased ability to manipulate energy.

Often, those who are real vampires were/are drawn to the vampire, or the vampire myths and image, from a young age, often reading or watching and finding that they related to or sympathized with them; they have always had an inexplicable interest in vampires. Sometimes they are drawn to dress or act "like a vampire does" in order to express themselves or to feel vampiric. They may have been drawn to experiment with blood, blood drinking or bloodletting and found that it suited them.

Other traits include migraine headaches; various gastrointestinal sensitivities and problems, such as intolerance for milk-products, and food allergies/sensitivities; mood swings, depression, melancholia; an acute sense of separateness from those in "normal, mundane society"; above-average intelligence; possibly diagnosed with hyperactivity or attention-deficit disorder.

Having a number of these traits does not necessarily indicate that you are a vampire; it's just traits that we tend to have or suffer from. If you don't have a great number of the primary/secondary symptoms like blood craving, sensitivity to light, etc, then I wouldn't worry too much whether you're a vampire.

Do not take these traits and symptoms out of context. If you have a number of these, then, before you go off on your own assuming that you are a vampire, I highly recommend that you first go and get any symptoms you feel you have checked out with your doctor; you may find that they are quite treatable. Taken *as a group*, these traits and symptoms may indicate that you are a real vampire, especially if you have the bloodlust / blood cravings.

Write down your “symptoms” here
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Just one thing to add before you read any further, if you’re just reading this for fun then good on you for actually reading a book and for actually learning something. If you’re a person who likes to play role player games (the mascarad ect…) then please read on if you wish to learn about what you’re pretending to be. (This is not supposed to be a paragraph to insult anyone or anything just to inform certain people on what’s in this book so they don’t get a big disappointment.)

WHAT IS FOLK LAW, FILM RUBBISH AND REAL ABOUT VAMPIRES?

Ok if you search on wikkipedia for vampires it brings up a nicely detailed page but when you start reading you realise its all rubbish (well 90% is) so here is the basic truth to clear up those stupid rumours.

Yes vampires react badly in the sun but don't die straight away
Yes a stake through the heart will kill us; well it would also kill any human being
No we are not allergic to garlic and crosses some of us have a slightly better smell and therefore may not like the smell of garlic and the crosses comes from a Christian idea because they believed vampires had evil souls and the cross destroyed evil souls or something.
Yes vampires can get, and die from, aids, HIV, hepatitis ect… a good reason to screen your blood donor (more coming later on this point)
Yes vampires cast shadows and reflections and be photographed like everyone else
No we don't sleep upside down (well some one might but I have never heard of them yet)
No we can't turn into bats and fly. Dur.
No we can't bite you to turn you that's a stupid myth that was made by the original Dracula movie
The thing between werewolves and vampires is a strange thing some vampires believe in the conflict and therefore hate werewolves, but others think that the whole thing is all in the movies and should be put aside so it's up to you.

It may just be easier to write a list of the abilities a vampire can have yet not all of us do have!

Increased ability to manipulate energy, a form of night vision, better senses of smell, sound and touch and increased physical abilities such as faster sprinting and increased strength. (That list seems to be way too small.)

Ok finished that bit I think now for the main part that you must pay attention to because it is basically the rules that you should learn to help you lead a more normal and safe life.

BLACK VEIL RULES

The black veil used to be called the 13 rules of the community because there where 13 rules (dur) now there are usually 5 tenants but they are just complicated shortened versions in my opinion so all 13 are going to be put in and you can adapt them to your personal life style. (Here is my version which can actually fit onto a page.)

*** 1 -Discretion**
Do not hide from your nature, but never show it off to those who won't understand, and should not know.

*** 2 -Diversity**
Our diversity is our strength. Let our differences in viewpoint enrich us but never divide us amongst ourselves.

*** 3 -Safety**
Never overindulge or get careless. The safety of the entire community rests upon each member's caution.

*** 4 -Control**
We are not monsters: we are capable of rational thought and self-control. Celebrate the darkness and let it empower you, but never let it enslave your will.

*** 5 -Lifestyle**
Being what we are is not an excuse to not participate in this reality. Rather, it is an obligation to make it a better place for us to be.

*** 6 -Family**
Like any normal family, we should always make an effort to present a stable and unified face to the rest of the world even when things are not perfect between us.

*** 7 -Havens**
The haven is the hub of the whole community, and we should respect it as such, supporting it without business and working to improve its name in the community so that we can always call it home.

*** 8 -Territory**
Always be on your best behaviour when coming to a new city either to visit or to stay. We are all cautious and territorial by nature, and only by making the most positive impression possible will you be accepted and respected in a new community.

*** 9 -Responsibility**
You will be responsible for their actions, and their behaviour in the community will be reflected back to you, also don’t do anything to risk the communities well being.

*** 10 -Elders**
Appreciate the elders for all they have given you: if it was not for their dedication, the community would not exist as it does now.

*** 11 -Donors**

We cannot be other than what we are, but it is the donors who sustain our nature. For this service, they should be respected. This above all: appreciate the gift of their life. That communion is sacred. Never fail to treat it as such.

*** 12 -Leadership**
The best leaders are those who serve to better the community and whose person and behaviour gives no one -- even those outside of the community -- a reason to criticize them. They must strive to be above reproach.

*** 13 -Ideals**
Our lives should be lived as a message to the world about the beauty of accepting the whole self, of living without guilt and without shame, and celebrating the unique and beautiful essence of every single soul.

Simple enough? Well change them slightly to suit you and then it will be a lot simpler. In the gaps here write some notes of your own ones. (The number of times ive had to do this is unbelievable, miles of pieces of paper all over the place.)

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To see the actual black veil in all its annoying complexity, please see the next chapter…

1. DISCRETION

This lifestyle is private and sacred. Respect it as such. Do not make a sideshow of yourself. We do not have to prove ourselves to anyone. Appearing on public TV to tell the world that you drink blood is useless attention-getting. It gets a negative reaction for the whole community. Our place is in the shadows; our greatest protection from small-minded humanity is the fact that they do not believe we exist. Someday they may be ready for us to reveal ourselves to them, but that time is not now. Do not hide from your nature, but never show it off to those who won't understand.

2. DIVERSITY

Our paths are many, even though the journey we are on is essentially the same. No single one of us has all the answers to who and what we are. Respect everyone's personal views and practices. We cannot let petty differences of ideology prevent us from maintaining a unified community; there are enough who would attack us from the outside. Our diversity is our strength. Let our differences in viewpoint enrich us but never divide us amongst ourselves.

3. SAFETY

Use sense when indulging your nature. Do not flaunt what you are in public places. Feed in private and make certain your donors will be discrete about what happens between you. Donors who create rumours and gossip about us are more harm than they're worth. If you engage in blood-letting, put safety and caution above all other things. Blood-born diseases are a very real thing, and we cannot risk endangering ourselves or others through irresponsibility. Screen donors carefully, making certain they are in good health both mentally and physically. Never overindulge or get careless. The safety of the entire community rests upon each member's caution.

4. CONTROL

We cannot and should not deny the darkness within. Yet we should not allow it to control us. If our beast or shadow or dark side is given too much sway, it clouds our judgement, making us a danger even to those we love. Never indulge in pointless violence. Never bring wilful harm to those who sustain you. Never feed only for the sake of feeding, and never give over to mindless bloodlust. We are not monsters: we are capable of rational thought and self-control. Celebrate the darkness and let it empower you, but never let it enslave your will.

5. LIFESTYLE

Live your life as an example to others in the community. We are privileged to be what we are, but power should be accompanied by responsibility and dignity.

Explore and make use of your vampire nature, but keep it in balance with material demands. Remember: we may be vampires, but we are still a part of this world. We must live lives like everyone else here: holding jobs, keeping homes, and getting along with our neighbours. Being what we are is not an excuse to not participate in this reality. Rather, it is an obligation to make it a better place for us to be.

6. FAMILY

We are, all of us, a family, and like all families; various members will not always get along. However, respect the greater community when having your disputes. Do not let your individual problems bring emotional strife to the family as a whole. Settle your differences quietly among one another, only seeking out an elder's aid in mediation when no other solution seems possible. Never bring your private disputes into public places and never draw other family members into the issue by forcing them to take sides. Like any normal family, we should always make an effort to present a stable and unified face to the rest of the world even when things are not perfect between us.

7. HAVENS

Our havens are safe places where everyone in the community can come to socialize. There are also often public places where we are likely to encounter people who don't understand our ways. We should respect the patrons of these places as we should also respect the owners of the establishments and always be discrete in our behaviour. We should never bring private disputes into a haven. We should never initiate violence in a haven. And we should never do or bring anything illegal into a haven, as this reflects badly upon the community as a whole. The haven is the hub of the whole community, and we should respect it as such, supporting it without business and working to improve its name in the community so that we can always call it home.

8. TERRITORY

The community is extensive and diverse. Every city has a different way of doing things, and a different hierarchy of rule. When entering a new city, you should familiarize yourself with the local community. Seek out the local havens. Learn what households have sway here. Get in touch with key members of the community, learn who is who, and show proper respect where it is due. You should not expect to impose your old way of doing things on this new community. Rather you should adapt to their rules and be glad of their acceptance. Always be on your best behaviour when coming to a new city either to visit or to stay. We are all cautious and territorial by nature, and only by making the most positive impression possible will you be accepted and respected in a new community.

9. RESPONSIBILITY

This lifestyle is not for everyone. Take care in who you choose to bring into it. Those who are mentally or emotionally unstable have no place among us. They are dangerous and unreliable and may betray us in the future. Make certain that those you choose to bring in are mature enough for this burden. Teach them control and

discretion, and make certain that they respect our ways. You will be responsible for their actions, and their behaviour in the community will be reflected back to you.

10. ELDERS

There are certain members of our community who have established themselves as just and responsible leaders. These are the people who helped establish local communities, who organize havens, and who work to coordinate the networking of our culture. While their word does not have to be law, they should nevertheless be respected. They have greater experience than many others, and usually greater wisdom. Seek these elders out to settle your disputes, to give you guidance and instruction, and to help you establish yourself in the local community. Appreciate the elders for all they have given you: if it was not for their dedication, the community would not exist as it does now.

11. DONORS

Without those who offer themselves body and soul to us, we would be nothing. We cannot be other than what we are, but it is the donors who sustain our nature. For this service, they should be respected. Never mistreat your donors, physically or emotionally. They are not to be manipulated or leeched off of for more than what they freely offer. Never take them for granted. Appreciate them for the companionship and acceptance which they offer us, which so many others would refuse. This above all: appreciate the gift of their life. That communion is sacred. Never fail to treat it as such.

12. LEADERSHIP

When you choose to take a position of authority in the community, remember that you do not lead for yourself alone. Leadership is a responsibility, not a privilege. A good leader must set an example for everyone through his actions and behaviour. His motives should be selfless and pure, and he should put the interests of the whole community before his own. The best leaders are those who serve to better the community and whose person and behaviour gives no one -- even those outside of the community -- a reason to criticize them. They must strive to be above reproach.

13. IDEALS

Being a vampire is not just about feeding upon life. That is what we do, but not necessarily what we are. It is our place to represent darkness in a world blinded by light. We are about being different and accepting that difference as something that empowers us and makes us unique. We are about accepting the dark within ourselves and embracing that darkness to make us whole beings. We are about celebrating the thresholds: body and spirit, pleasure and pain, death and life. Our lives should be lived as a message to the world about the beauty of accepting the whole self, of living without guilt and without shame, and celebrating the unique and beautiful essence of every single soul.
(Thanks to sanguinarius.org for this copy)

YOU'RE AWAKENING AND WHAT TO EXPECT

Before I tell you what's going to happen I guess I should first tell you why. Vampires are not made by being bitten that's a load of shit ok? Vampires are all normal human beings that at some point in there lives had an awakening no one knows if there's some genetic thingy that makes us as no one has done any research that im aware of. The fact is that any one could be a vampire but the only way to tell is to wait and see if there is an awakening. Im no expert in how vampires are made but im using all I can to try to tell you the details. I have decided that im going to make a global survey to see if I can find out as much as possible (survey on the back pages) I hope this helps you understand more (sanguinarius.org will most likely have a clearer answer as Sanguinarius rocks)

Right now for the part which is all about what is happening to some of you now. Each awakening is different but each is pretty unpleasant especially those in school. (If you found your awakening pleasurably please let me know because you may just be the first)

There are some general things which happen to most vampires and some which only happen to few, below is the list of all the ones that I know.
Increased ability to manipulate energy
Nocturnal habits
A form of night vision
Increased senses of smell hearing and touch
Burn easily in the sun
UV lights drive you mad
Blood cravings
Slightly increased physical abilities
Weird vampire related dreams
Muscle cramps
Migraine headaches
General light sensitivity

Ok this next section is special because instead of making up a person who's going through there awakening ive decided to put my own diary extracts in so excuse and bad language and bad punctuation and everything else in it. (Bits taken from several days so not all written at once)

Yeah school is alright maths still sucks because I have to sit next to the huge east facing windows so the sun roasts me alive but ive been noticing recently that the sun is starting to hurt my eyes and im getting sun burns from being sat there for 1 hour! I asked Mr Desmond if I could move but all the seats where taken and no one wanted to swap to sit next to the roaster window as some call it for obvious reasons, so Ii solved to sit under my desk and do my work the desks need to be higher to fit my head under.

Ok my life would have been called ordinary last week but now dew to all the changes in me that ive found any ordinary thing has become not extraordinary but … grrr! I don't know how can I explain that I now have to wear sunglasses around like all the time because the sun and the TV are too bright?!?!?! The same for the sun when I go outside it really hurts and I have to wear suncream every day to stop getting burnt! I can't tell mum because she will say "it's all in puberty" no it's not ive searched for this and not one mention on this sort of change. I started puberty a while ago and

this is not normal puberty! (If anyone can call puberty normal) god!!!!!!! What the fucks happening to me??? Why can't I find a book on this sort of thing explaining what's happening and what to do??? (I know abit ironic I wrote that so I put it in! :P)

Ok ive calmed down abit now maybe because ranting is making the cramps in my arms and legs hurt even more but weirdly typing is making them better o well must keep typing…
OMG!!! I think I have found what wrong with me! I was watching Dracula last night while pressing random letters on the keyboard to subdue the cramps and I had I flash idea! Vampires hate light and stuff so out of plain desperation I searched vampires on Google and
After a bit of sifting through the crap I found a site that explains exactly what is happening to me!!!!!!!

The main page said for people over 17 only but I did not care, if this had the answer then I was reading it age limit or not.
(Ill tell you the name of the site at the end)

The main page looked promising there was in introduction page and it suggested looking there first so I did, while it was loading I noticed that the screen was not hurting my eyes this was because the background was a navy blue and the font a pale blue. Nice and subtle so I removed the shades from on top of my head.

In the introduction was a note that seemed to stand out to me it said "this page is an attempt to reach those certain individuals who may be looking for a specific type of assistance, support, ect. If you feel that you are one of those certain individuals, then you have come to the right page" this place seemed some how comforting as I continued to browse the site. On the FAQ's there was a page that said "am I a vampire" for the obvious reasons I clicked on it.

This site was for real you could just tell; by the way that someone had painstakingly taken the time to make this site just for people who are looking for answers. (What would be the point of something this big being just for a hoax besides it was regularly updated and maintained.)

(You should search the site yourself because it's too big to put into a book. The address is coming in a second.)

Omg I can't believe it I have found an answer to my problem! Ok I have not solved the problem according to the site the rest of my life will be hard and difficult having to hide from the sun some how gain blood and above all not be discovered! This is all true but only if I was a vampire, all the evidence pointed to it there was no denying it but it all sounded too good to be true.

Ok the rest of my diary kind of blabs on abit so I may as well give you the site to check to out for yourself!

WWW.SANGUINARIUS.ORG thanks so much for all the guidance and help that you have provided to me and all the people who have visited your site. So a big cheers to you!

That list of different "symptoms" came from my personal experience and some of my friends from across the world in the following gap write a list of the things that you got during your awakening and what happened just like my diary extract.

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I will probably repeat phrases from this part often in the book because if there is a part with some bad news of something like that then I can put a happy motivational phrase in to make you happy again.

Fight for today live for tomorrow

The donor's safety is your safety

We are not monsters: we are capable of rational thought and self control.

Being a vampire does not rule your life it's just a rock in your pocket as you walk the path of life.

Ok if I can survive being what I am then so can you so get on with your life and deal with it!

Put some of you own here as you never know when your going to need them
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THE SUN AND DEALING WITH IT

Ok we all know by now that the sun sucks, and I present to you your new best friends, suncream and sunglasses!!!

When ever you go out side I would advise wearing suncream you use different levels of protection depending on the sensitivity of your skin and how sunny it actually is (as obvious as it may sound some of us forget to put it on because we are in a rush or we think the sun wont be to bad and then sunburn sets in and we go lobster red)

So if anything always wear suncream and/or always carry a bottle of the stuff around with you. Even if after all you're not a vampire wearing suncream of a type every day can stop you aging by 10 years so another reason to go for it!

Another idea, wear clothes that cover a lot of skin, not winter jumpers but thin cotton sleeves and trousers so you have a little extra protection from the sun and you're not boiling hot, you could in fact, if it looks good, sew on extensions to some of your short sleeved t-shirts. (I would advise being more creative than me.)

Sunglasses are a lifesaver to those of us who have got the sensitive eyes. Sunglasses protect the eyes from UV radiation which damages the eyes but for us as a bonus we seem to be hyper sensitive to light so some can see better at night and others just cant stand bright lights, it varies a hell of a lot but the one common factor is that bright lights will give us bad migraines and make us really pissy, so best to avoid that. (One more best friend, migraine pills for the above and really annoying people who won't shut up asking if you're a vampire.)

If people start asking why you wear sunglasses all the time you could just get a pair of contact lenses that are tinted it may be slightly costly (depends on your budget) but it can be worth a break from sunglasses.

If you are in school and need to wear them in some lessons ask your teacher really nicely (no matter how ghastly they are) if you can wear sunglasses in class because "the lights are bothering my eyes and distracting me from my work" or whatever other reason that your teacher will totally fall for. If they say no then usually that would be it but not if you already have an eye condition or your parents have eye conditions (this is going somewhere I swear) because when you next go to the opticians start wincing at all the bright lights (you should do anyway) and start saying that the lights hurting your eyes and its gona give you migraines just like the lights in the classrooms and can the optician please stop hurting your eyes ect… (You get the picture.)

When they start asking about your sensitive eyes just say that for a while now your eyes have been irritated by bright lights especially the ones in the classrooms in the language department or something, and when your parents ask when it started and why you did not tell them just say something like "it started ages ago but I thought it was a part of the flu I had for a week but it did not stop and I thought it was a symptom going away but I got used to it so I did not think to tell you" (yeah I need more imagination when it comes to excuses)

So keep rabbitin on and slip in somewhere the fact that sunglasses can help stop the migraines and hopefully that may get you a prescription pair of shades (that's what I need – some custom fit sunglasses)

OR if the school wont bother checking to see if its true forge a note to say that the lights are causing you to get distracted in lessons so can you wear sunglasses in class to help you concentrate, but try the optician one first as its safer and more fun to muck about in the opticians than to forge notes.

If you are buying commercial sunglasses look out for the ones that wrap around your face sort of like the really large ones that are all over the place at the mo but most don't seem dark enough.

Ive never tried this but apparently if normal sunglasses are not dark enough get some wedding glasses, ive never even seen them so who knows maybe they will work for you.

GETTING YOUR SUPLIES AND SUBSTITUTES

Ok fixed the sun issue now where the hell is a 14 year old kid gona get blood? (aka me) donors are life savers (more on donors in the donors chapter dur) but you cant just go asking around “hi im a vampire ive just awakened and I need some of your blood” no that would break the discretion rule big time and make you look like a freak to any one who heard about it.

Blood is basically iron + all the vitamins it caries around the donors body so one way to temporarily help reduce the need for blood is to take iron supplement pills along with 2 glasses of water (be sensible when it comes to pills and read the bottle and don’t, for the love of god, don’t take too many, so be sensible) so you feel as though you have just fed, some foods that can help are obviously iron rich foods, rare bloody steaks, bananas, smoothies, cinnamon, spicy foods, beef broth, chocolate syrup, nesquick strawberry milkshake powder, apples, iceberg lettuce and some friends of mine have suggested pizza but its up to you to find what foods suit you, write a list of them here and give them a rating out of 10.

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There is one way to get rid of that taste you some times may get in your mouth for blood and that is to drink your own. Im not in any way telling you to cut a massive hole in your wrist quite the opposite, as doing that is stupid and dangerous. Im saying if there is no other way on the planet to stop the cravings or what ever else you have christened them hen have a small amount of your own by picking a scab or a small pin prick but not by slashing your skin open, ok got that, no giant cuts!!!

HIDING THE TRUE YOU

You have probably grown up learning you should not hide the true you well now is the time to completely ignore that teaching and to turn it around, always hide the fact you are a vampire because if you tell some one they will be guaranteed to tell every one and to think you are the creature who is a heartless murder just to feed of others blood. For the record we are not creatures who are heartless murderers because we are a different kind of human who does have a heart and we never (ok there may have been one or 2 accidents in modern societies but nothing like a mass homicide) never murder when we feed because we owe the donors a hell of a lot for letting us feed off them.

Ok back to the point on how to hide your secret. Don't tell any one till after a year is the way ive succeeded well enough not to be reported to the papers or something huge like that, not even the ones most close to you must know till the time is right and you trust then implicitly not to tell, this may seem harsh but if it is a way to be safe and be kept a secret then the price is not too bad.

An obvious one should be is if you are at school or work in an office then don't start doodling vampire related stuff all over the place some one will notice, comment on it and find out about you.

In general keep a low profile on the gothy vampiric side of stuff, try to appear to be a cheerful person (you should be anyway because being a vampire does not rule your life its just a rock (that you cant remove) in your pocket as you walk the path of life.) if your naturally a gothy kind of person then just continue but try not to dress too vampiric as it will draw attention to the similarities between you and vampires and cause people to start talking about you.

I think its time for a section to tell you what to do if something does slip out.

WHAT TO DO IF YOU ARE DISCOVERED

Crap! Some how people are starting to talk about me being a vampire (happens every now and again to us all) so you must stop them. Only you will know how things work there like at my school I know that if I play along with it everyone else will too, and continue to piss me about, but if I deny it and say that I was mucking about then act really normal and continue to deny it they will eventually lay off it and soon forget it. (Usually.)

If the playing along one works then do it! and play “pretend to be a vampire” and people should in time see that you’re a person who likes vampires and likes to be like them or something (I have no personal experience of the playing along method working nor does my friends so sorry if this method is not too detailed) as I have said you know how the people involved should react so based on that find a way out.

If all else fails (if not already done so) temporarily turn into a Goth and blame hormones or something for mood swings and return to “normal”

Another last resort plan for f your in school is to say that all the kids are bullying you and picking on you by calling you vampire kid or whatever. (This plan all depends on how good the school bullying system is and if it’s like my school it will only half work)

Write down here a time when you where discovered and what you did so you can look back in years to come and laugh your head off at it.

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DEALING WITH SCHOOL

Ok I think ive just covered half of it a second ago, erm… what to say about school, well school is not the best place to be if you're a vampire especially one going through your awakening because as mentioned before the awakening is really rough.

Do I even have to explain it? We all know what school is like with the teachers and the kids and the homework and everything. So for this section I may as well say use what I have said previously and your common sense and you will survive school! :P

Some good ideas to take notice of though are to if possible sit away from the windows and around people who know what your like. (As in they know that you can act abit weird (because you're a vampire) but they don't know you're a vampire if you know what I mean; or just sit with your friends.)

Try to sit nearish the teachers desk if people are calling you vampire and stuff because then the teacher can stop them and hopefully report them bullying you, depending how nice your teacher is.

If people start talking about vampires and junk go along with it and act as though you are a normal person just like them who is clueless about the topic, and don't for crying out loud start gobbin away all these facts about vampires and saying how they have got it all wrong ect… that is so freaking obvious I don't think I needed to put it in but ill leave it just in case.

In PE/sports/whatever you call it don't whinge all the time or refuse to go out into the sun because it's a dead give away and it makes you look like an idiot. Just stay in the shade when possible, wear suncream because "my skin is sensitive to the sun", and see if you can wear sunglasses even though it's not always possible even for someone with a genuine note aka rugby + sunglasses dur?

If some one is bleeding at school and your thirsty for blood then just look away and act normal if possible sit on your hands or do something, if it gets too bad and there's a fair amount of blood ask your teacher if you can go to the bathroom because the sight of blood makes you sick (act and look as if you are about to puke)

You where up all night because you could not sleep and now in your incredibly boring history class you feel as though you are about to drop dead and sleep till the next night. Ok don't fall asleep in class you look stupid and you will get told off big-time. You should try extremely hard to get to sleep at night even if in the end you have to go to the doctor and ask for something to help you, anything is better than falling asleep at school (I speak from experience here) try if necessary try to find a spot to sleep at break or lunch time you could try the medical room by saying you don't feel good and could you have a lie-down during break.

In general try to go back to your normal life but just make tiny changes to make it easier for you to cope.

Well to tell the truth it's the sane as it is for school. Be safe, do your best to cope and stay hidden. If people in your family start saying that you are acting weird then it could "all be caused by hormones as its natural at that age what with puberty ect…" and a range of excuses for changing during puberty may follow so get some ear plugs to avoid having to actually listen to your parents. "The main thing is to just cope and enjoy your life because while you're a kid you have great freedom but when you're an adult life is more like a cube and you're in it with all the limitations such as law." (Thanks Rhyanne for letting me use that phrase from your website)

Write down some of your own tips and ideas here

FINDING OTHER VAMPIRES

This is the realm of hell. It is for some almost impossible to find others but I have a few tricks to tell you. I would advise to wait 1 month from the start of your awakening before trying to find others because if you turn out to be having the freakiest thing ever happen to you and not you're awakening then oops we have a few issues. So just wait and that gives you time to learn more about the ways of vampires so then you feel and sound more like a member of the community.

First things first. On sanguinarius.org find the e-mail page and make an account with real vamp e-mail, this can be your special e-mail that only other vampires will know and by the name (violet@RealVamp.zzn.com that's mine, vampires will know that you got it from Sanguinarius.)

Now on meet-up (another add on Sanguinarius) make an account for the town that you are in. It costs money to contact someone else and make a group so in your description box put in your real vamp e-mail address so people can contact you for free.

On as many other group things as possible like yahoo groups ect... make accounts with your real vamp e-mail address as you main one to be contacted by and also put it in your description too just to be sure.

Ok what to put as your description… this is hard because it is unique so ill just put mine down from when I was awakening (your not supposed to just put "hi im a vampire and im in the middle of my awakening please e-mail me!" That's just stupid!)

"Hi im violet and I live in Lincoln and im a sanguinarian in the middle of my awakening. I love trampolining and talking to people on msn ive been told that im quite clever but I just listen in school coz then I get to be lazy when ive done all the work! :P if you are the same as me you can e-mail me if you want on violet@RealVamp.zzn.com "

Take note of the fact I said Sanguinarian not vampire because there are many people out there who are role players and there fore "play vampire" as it where. I also then started to rant on slightly about me in general to mask the vampire bit slightly. At the end I did not put "all vampires e-mail me!" but "if you are like me you can e-mail me if you want" so giving them the choice almost. In general tell people what you are but in a way that only others like us will understand, but don't encode it too deep not all of us will be able to get what you're on about otherwise!

O yeah be safe! Don't give out more information than you should like why would another vampire want to know your address unless to send you something? Giving them a town name yeah sure but any more and it could be some idiot wanting to come round and get in bed with you because they thought that you where 18 or something worse. So for the love of god use your brain!

Write down here how you have managed to find other vampires

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THE DIFFERENT FORMS OF VAMPIRES

Great im back to this topic the one that I have to research most.

There are many different types of vampire about and im going to do my best with a lot of help from Sanguinarius.org to tell you them all.

The thing which distinguishes the different "types" is mainly the method of feeding. Some feed on blood; others feed on psi/energy. Some can feed on either or both. I think this mainly is determined by one's own level of psychic ability

How many types there are depends on what you mean by types.
There are 3 basic types.
The Sanguinarian who takes their life force/energy from human blood.
The Psychic Vampire who takes their life force/energy directly from the mortal.
The Hybrid Vampire who can use both of these methods to 'feed'.

However the psychic vampire category can be split into several different types.

EMPATHIC vampires feed on emotional life-force energies.

SEXUAL vampires feed on the life-force energies generated from having sex, especially those generated at the moment of orgasm. (A female sexual vampire is sometimes referred to as a succubus and a male sexual vampire is sometimes referred to as an incubus). Sexual vampires are also sometimes known as "TANTRIC" vampires.

SOUL vampires are able to feed directly off the energy of a person's soul. As a result soul vampires will sometimes gain some or all of the abilities, memories, thoughts and desires of the person they are feeding from, but usually only for a short time.

ELEMENTAL vampires are vampires that are able to feed on the life force energies of the elements; earth, wind, fire, and water.
Another method of feeding often considered a subcategory of elemental feeding is electrical feeding; the indirect feeding on energies in electrical fields and lightning.
There are those that say that vampires who feed on life-force energies from plants and animals are also elemental vampires. However, such vampires will usually describe themselves as 'nature' vampires.

ASTRAL vampires are able to travel through the astral plane and feed off the life-force energies of other entities dwelling within, and/or materialize in astral form and feed off the life-force energies of people that are usually asleep.

Vampires who only use one method of feeding are referred to by the way they feed; Sanguinarian (Sang), Psychic (Psi) etc....
Vampires who are able to feed using all psychic methods are referred to as Eclectic Psi vampires.

There are loads more out there im sure but I don’t know them besides is this not enough for now?

A QUICK GUIDE TO PSI FEEDING

Ok im learning how to feed using psychic energy to help me reduce my blood cravings and so far I think its having a small effect! I got this information once again from Sanguinarius.org so another thanks.

Right you need to be in a place where there are people but they will not disturb you (I have no idea where) and close your eyes. Use your minds eye to picture your aura around you (aura is the field of energy around you that protects and feeds you) now once you can see the aura around you concentrate on its shape a moment, everyone's shape is different it may be a very thin skin tight one ore a very think bubbly one that seems to make you look like mr blobby or something, as I said everyone's is unique so god knows what it will be like.

Now this is the harder part, still picturing your aura picture a tentacle coming out of it, it is an extension of your aura so it's the same colour. See your victim in your minds eye but make sure they are there in real life too and wrap your tentacle around them or if you can see there aura too just dip it into it. Its better to dip because other wise the victim may sense that there is something wrong and move away, picture the connection between you and start to suck energy (use your imagination well) for me I imagine it as a red liquid being sucked along the tentacle and when it reaches me I feel a small zap of energy, I keep sucking until I feel full. You must never over feed from someone because otherwise you will make them feel in a bad mood and possibly cause them to be sick. Some psi's have been know to nearly kill people by accident so feed wisely!
There are a few rules to psi feeding never feed from the elderly, very young, sick or people in very bad moods because you can make elderly and very young people ill, the sick will get worse and you can get sick and people in bad moods is a big no no because you can literally catch there bad mood.

Psi's can also shield them selves so other psi's can't feed from them and to shield from general life. I had a go at shielding and it helped a lot. I felt happier and I found that I avoided bad luck more than usual. When I did high jump in PE I hit it 3 times because I was not that good but each time I was 5cm of getting hit in the face with the pole, this could have just been exceptional luck or a shield at work I prefer to think the latter.

To learn to shield please go onto Sanguinarius.org as they have a very good section on it that I think you should have a good look at.

Write here all about what you have done with psi methods no matter if they worked or not

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THE REST OF THE COMMUNITY

Omg this topic is huge because it's on the rest of the vampiric world! So now I have to figure out a way to simplify it. Ok ive got a great idea.

If you look on Sanguinarius.org on the terms and lingo page there is a "dictionary of Sanguiniese" I found this had loads of information on like what the elders are and how the cultural system works. (I don't want to put it in here because it's fairly large and Sanguinarius made it and therefore should have to be visited and given all the credit)

Write down some of the stuff you learn here.

PREVENTING AND CONTROLING “VAMP OUTS”

As you should have gathered (if not go back and re-read the whole book) that a vampires life is not perfect. There are some times usually when you have not fed when you feel like you are going to attack some one, this is not good but they happen to all of us every now and again, so you have to learn to control them. This is harder than it sounds but can be easy at times. (In school is not one of the easy times)

The best way is to feed but that’s not usually available, the next best way is to sulk in a dark corner until it passes. If you are at school you could say that you feel sick and need to go to the bathroom and stay there until it passes, if you’re not allowed try to concentrate on something else even if its work it can still help.

Remember that you are a human being all but one with a condition and you should not let that condition rule your life, if you do let it rule you then you are most likely a gothy person or some one who needs moral support (please e-mail me if so violet@RealVamp.zzn.com)

What happened during one of your vamp outs and what did you do?

SOME ACE VAMPIRE BOOKS AND MOVIES

Here is a list there's no order except in what order I think of them. (m = movie and b = book MB = book and a movie dur)

M Underworld
M Underworld evolution
B The Saga of Darren Shan (there are 12 books in the series)
B The Society of S (this is by far the most accurate as it has Sanguinarians in it)
M Dracula (the original is really funny)
MB Interview with a vampire

Put some of your own here
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TELLING SOMEONE YOU'RE A VAMPIRE

Where the hell do I start? I know ill put in a conversation that I had with a friend when I told them I was a vampire but ill edit it to make it into a practically perfect one. (* is me and # is my best friend Vicky)

* Hey v you ok?
# Hi yep you?
* Yeah im good, did you see that vampire movie last night on channel 4?
# Yep it was so ace who's side where you on? Vampires or werewolves?
* Vampires naturally
# Lol same
* Hey do you think vampires are real and stuff?
# Yep because I mean where did the vampire stuff start? Someone's got to be one.
* Yeah I guess so. You know Michael Douglase in our year?
# Yeah he's really weird what about him your not going out with him are you!?!?!?
* no way it just that he looks like a vampire don't you think I mean he's got fangs, he's really pale and he's always inside and in PE he's always in the shade.
# Yeah your right. Well you look like a vampire too you know, because your really pale and avoid the sun.
* Lol that's because I am a vampire! ;P
# Hu? You're a vampire? Yeah right
* Yeah right? You said yourself that they have to exist some where. You also said I look like one and well I am.
# Omg really? You're not lying to try and scare me?
* Why would I lye to my best friend?
# Omg! You're telling the truth?
* Yes now come and sit down I have loads to tell you.

Yeah I had to perfect what really happened but what followed was me telling her almost everything on this book, and she believed me, swore not to tell any one and is my emergency donor for when I can't get blood anywhere else.

There is a method that you can take several days to do. You start talking about vampires because of something like a movie that was on, and you ask them what they think of vampires (if they say they hate them then they are not a good donor) then gradually you build up to the fact that you are one but don't make it stand out (i.e. well guess what vampires do exist and I know this because I am one tada!) once again I will use the advice of only you know what your friends are like so tell them according to your knowledge of them.

BLOOD DONORS AND BLOOD SAFETY

Donors. We love them!!!!! They give us what we need to survive and we let them into the life of a vampire. As I have said before we owe our donors a hell of a lot for helping us so we must help them by being the best vampires on the planet, and treating them well. You can regularly go out on trips, go shopping together or get your donor really good gifts every now and again, I mean after all you owe them your life.

Getting a blood donor in like impossible (well to me it is) because firstly you have to tell them you are a vampire and they have to believe you and then somehow you have to ask them for blood.

In the last chapter I advised you on how to tell someone that you're a vampire only ever ask people who know you're a vamp. Well unless your will be donor already cuts themselves (I would try to comfort them loads because it's highly likely they need emotional support OR they are already at service to another vampire. If they are already with another vampire then great! They will believe you but it's not too safe to feed of them very much especially if the other vamp needs to drink a lot. Just ask how much the other vamp had and make sure what you take plus there's does not go over 1 litre as that is the max advised blood loss. Go over that and they can start to get sick and possibly have to go to hospital.

How do you get the blood out? Well you can not and must not do anything otherwise it can be called assault or something even if they let you, so you must not do it!

So they cut themselves, they can choose where and how deep as its not up to you just be thankful your getting blood, and make sure the place you are doing this in is a private one like at home when no one else is in, don't do it at school or at work you moron!

Every donors method is different so let them do it there way, but its advised to make sure that they are safe like sterilise the tools you are going to use in boiling water with some medical antiseptic in, because their safety is your safety.

Right, a list of things you will need if your donors about to give you blood.

A first aid kit
Water
Medical antiseptic
A knife or whatever tool your donor is going to use
A clean cloth to catch any drips
Household cleaning stuff to clean up the mess afterwards
Anything else you want to use

Just remember when doing this that your donor is more important than you because, hello, they are cutting themselves open for you and above all be safe!

GLOBAL SURVEY SHEET

This is a little slip to help us all understand who we are its not to get all your personal information. (Besides im a kid what the heck do I want with any personal info???)

Please may you just fill in the boxes and stuff and if you find one too personal then just leave it anything's better than nothing!

1* What's your name?

_____

2* What gender are you?

_____

3* What country do you live in?

_____

4* What city/area do you live in?

_____

5* What sort of a vampire are you?

_____

6* At what age did you have your awakening?

_____

7*How would you describe your awakening?

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8 a* Is any one in your family a vampire?

_____

8 b* if so who? (E.g. mum dad brother sister)

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9* did you like my little book?

_____

10* did you find it accurate?

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11* Any comments?

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A huge thank you for filling it in now all you have to do is cut the page out, pop it into an envelope addressed to me (see below) and pop it into the post box. Done.

Violet Ryuuzaki
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Lincoln
Lincolnshire
UK
LN6 0WD